

THE GAZETTE.

MONDAY MORNING, MAY 16, 1859.

TAKING EXERCISE.

In the May number of the Atlantic monthly is a very useful article on the gymnasium, written by Dr. David W. Cheever. Everything which calls the attention of those who lead a city life to the importance of physical cultivation, will do as much good to the race as all that tends to the development of the intellect does for those classes whose occupations are most entirely physical and laborious. In the daily attrition of city life, the mind wears out the body, the sword cuts through the scabbard, the ends of the nerves get laid absolutely bare, while the bone and muscle, which make a strong man and a healthy woman, are utterly neglected. This deterioration goes on in each generation increasingly, until the cause of it is discovered and counteracted by proper physical cultivation. The body can be cultivated and trained quite as much and as successfully as the mind, and the neglect of such cultivation will show itself as obviously in the one case as in the other.

The greatest fault of our city culture is that it is too one-sided—too exclusively intellectual, and too little either physical or moral. Perhaps it is one of the most hopeful features of the present time, in this respect, that the old English and European amusements are coming into vogue amongst us. Fencing has of late been taken up in Boston with great vigor, and we hope it may be extensively cultivated. But skating, both for gentlemen and ladies, is the best of all preventatives of consumption. It expands the chest and invigorates the limbs. At a time when fully one-fourth of all the deaths of those living in cities arise from diseases of the lungs, let the sedentary folks shun chess and take up with a good skating partner in winter, if they want to preserve health. Robustness of constitution is the main thing to be formed by all the recreations of those whose occupations are sedentary and confining.

The only question that remains, is whether exertion, for the sake of exercise, ever does the good that might be effected by an equal amount of exercise with an ulterior purpose. The common opinion is that the first does no good. But in one respect it is of far more benefit than the involuntary and unthought of exertions that arise in the course of a very man's daily duty or pleasure, it fixes the attention of the performer upon the connection between exercise and health. It gives him faith in making his arrangements for this, and the feeling of conscious power, so that his life and health are in a certain sense in his own keeping. Another advantage of the gymnasium is, that it enables a man to study more accurately the particular muscles that need to be developed, and direct all his exertions as to exercise them. When a man once learns how much can be effected in the way of development of the body by judicious efforts, he has gone more than half way to a cure of a thousand of the ills that life is heir to. We have known several men, who, to increase the strength of the chest from one to two inches in a few weeks, by simply lifting the lungs by sucking in the air gradually and gently through a quill or tube.

When this consciousness of power over ourselves is once obtained, the more naturally our exercise grows out of our business or recreation, the better of course. A game of cricket at this season, which will expand the arms and legs and lungs, will then be far better than any amount of exercise for its own sake. The cultivation of a garden, a brisk canter on horse back, or a drive into the country, to break in a wild colt, will produce the most striking effects on the health and happiness. The chief danger is lest they take up so much time and become so interesting, that a man is in danger of becoming a mere horse jockey, or cricket player, or amateur gardener. It is well, therefore for every man to study to take exercise in the way of his business and profession. Nearly all of us do this. Let the merchants go to their office, bankers to their office, lawyers to their office, and so on, and instead of sending a clerk, it will often save him from being robbed, and give him habits of exercise daily, so that he will be able to recruit. Many a preacher has found the physical benefit of preaching a very animated discourse in a loud tone of voice, and the lawyer will find a little daily pleading quicken his power of study. The testimonials of the value of this fertilizer, in our possession, are very numerous, and from sources known to us to be reliable.

JARVIS ISLAND GUANO.
We offer for sale a small quantity of this GUANO, just landed from the schooner "Jarvis." It has been recently imported by the American Guano Company, from their Island, in the Pacific, and is represented to be a valuable fertilizer. We recommend it to the attention of our farmers.

A NEW AND CHEAP FERTILIZER.
This article is the refuse from the Castor Seed after the oil is expressed, and is a valuable organic (Vegetable) Manure. It is highly recommended by Samuel W. Johnson, Professor of Analytical and Agricultural Chemistry, Yale College, price \$1.00 per ton.

ADDISON, WALLACE & CO.
Sole Agents for Alexandria, No. 13, Union street.

MITCHELL'S & CROSSLAND'S ANTIMONY SUP. PHOSPHATE OF LIME.
WARRANTED equal to PERUVIAN GUANO. Price \$4.50 per ton. Sole Agents, ADDISON, WALLACE & CO., No. 13, Union street.

ROBINSON'S MANIPULATED GUANO.
We have taken the Agency of this valuable GUANO, and now have on hand a full supply, put up in bags.

It is warranted equal to any in the country, and will be sold at current rates.

JAMES C. NEVETT,
opposite Pioneer Mills.

EXCELSIOR DEBURG.—I have now in store a full supply of this popular MANURE, which is guaranteed to contain 50 per cent. of Ammonia, and 45 to 50 per cent. of Phosphate of Lime. It is unsurpassed.

JAMES C. NEVETT,
Sole Agent for Alexandria, No. 13, Union street.

FOWLE & CO.

IMPORTERS AND DEALERS IN ALL KINDS OF FERTILIZERS.

NO. 1 PERUVIAN GUANO.

Put up in bags, furnished and branded by the Agents of the Peruvian Government.

COLUMBIAN GUANO.

In bags and barrels, a very excellent Manure, rich in Phosphates, as will appear from annexed Analysis by Dr. R. H. Stabler.

Organic Matter, yielding Ammonia.....14.55

Water.....8.55

Phosphate of Lime.....50.88

Magnesia.....50.88

Sand and other insoluble matter.....15.92

100

SOMBRERO GUANO.

The richest PHOSPHATIC GUANO known. Having accepted the Agency for the sale of this article in Washington, Georgetown, and Alexandria, a full supply will always be kept on hand. It is put up in bags and barrels. Particular attention is asked to the following analysis by Dr. R. H. Stabler.

Organic Matter, yielding Ammonia.....8.28

Ash or Mineral portion.....8.52

Water.....22.90

100.00

Analysis of Mineral portion.

Phosphate of Lime.....78.97

Carbonate of Lime.....5.35

Phosphate of Iron and Sand.....2.55

86.52

A. A. & A. MEXICAN GUANO in barrels.

BONE DUST, of best quality, in barrels.

SUP. PHOSPHATE OF LIME.

Manufactured by POTTS & KLETT, and COE & CO., warranted equal to any ever offered to the Farming community.

Analysis by Dr. R. H. Stabler.

Organic Matter, yielding Ammonia.....37.00

Phosphate of Lime.....11.00

Organic Acid.....29.10

Water.....22.90

100

SOMBRERO GUANO.

In calling the attention of the public to this valuable and recently discovered deposit of this fertilizer, we will merely state, that like all other phosphate GUANOS, its most valuable constituent is phosphoric acid, or bone phosphate of lime, and that its mercurial value, as compared with other GUANOS of the kind, may be easily determined by the amount of phosphoric acid or bone phosphate of lime it contains. In order, therefore, to give the public a thorough knowledge of what SOMBRERO GUANO does contain, we beg to inform the following list of analyses, which are different parts of the world, who have analyzed different cargoes, from average samples taken by themselves from the cargoes just as they arrive from the island, without drying or selection of specimens, and without any other manipulation, as exhibited, if required, under the original signature of each chemist named:

Of phosphoric acid, estimated as equivalent to phosphate of lime, it is found to contain—

per cent.

By Prof. Morfit, of New York, 79.70

" Hayes, Baltimore, 79.31

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GROCERIES, &c.

BLACKLOCK, MARSHALL, & CO.,

DEALERS IN FOREIGN AND DOMESTIC

Liquors, Wines, &c. &c. &c.

Blacklock's Wharf, Alexandria, Virginia.

HAYES, in store, and daily expecting per

Schoer, Rescue and Statesman, from New York,

and Steam Packets from Philadelphia, one of the

largest and best selected STOCKS OF GOODS,

ever offered in this market, to which we invite the

attention of the trade generally. We name in part:

75 hhds. N. O. P. R. and Cuba Sugars

100 boxes " "

100 lbs. B. and C. Coffee

100 " Crushed, Granulated and Powdered do.

—MOLASSES—

50 hhds. Porto Rico, Muscovado, and E. Island

Molasses

50 hhds. New Orleans Molasses

20 " Golden Syrup

20 " Portland " "

—COFFEE—

300 bags Rio Coffee

250 " Java, African, Laguaira, and Santo, Coffee.

TEAS—150 chests Gunpowder, Imperial, and

Young Hyson, and 75 chests Black Teas.

CANDLES—200 boxes Adamantine and Sperin,

and 275 lbs. Tallow Candles.

STARCHES—1000 lbs. Starbush & Co. assorted

Candy; 500 bags assorted shot; 100 nests tubs;

150 do. Painted Buckets; 400 pieces Cedar Vinegar;

1500 lbs. Java Rope; 800 pieces 10 lbs. Mac-

chine and Lamp Oil; 1500 lbs. Bar Lead; 40 bags

Grain Paper; 10 bags Pimento; 75 boxes 8 by 10

and 10 by 12 Glass; 30 boxes Twine; 20 boxes Ex-

tract of Logwood; 100 boxes Toilet and Fancy

Soap; 200 boxes Brown Soap; 1000 sacks Ground

Alum and Fine Salt; Nutmegs; Macs; Ground

Ginger; Peppercorns; Salt Yams; Corn Brooms;

Blackening Alum; Copperas; Putty; Castile Soap;

Epsom Salts; Mustard; Super. Carb. Soda; Wrap-

ping and Writing Paper; Cinnamon; Cloves;

Ground Coffee. mh 22

BLACKLOCK, MARSHALL, & CO., are now

receiving and have in store their SPRING

STOCK OF LIQUORS, WINES, TOBACCO, &c.

—WHISKY—

150 hhds. Rectified Whisky

50 " old " "

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GROCERIES, &c.

GRAY, MILLER & CO.

[WHOLESALE ONLY.]

ARE NOW RECEIVING PER SPRING SUPPLIES,

25 which have been selected with great care and

bought on the most favorable terms, and they most

respectfully ask from the Merchants who visit our

market, an examination of their stock, placing

themselves to sell to prompt paying customers,

just as low as the same quality of goods can be

bought elsewhere. We name in part:

75 hhds. Brown Sugar, (fair to strictly prime)

150 hhds. Crushed, Pulverized and Granulated

SUGARS

20 boxes Loaf Sugar

50 hhds. A and C Coffee Sugar

50 hhds. and Tierce MOLASSES

50 hhds. N. O. and Muscovado

50 hhds. Various Grades Syrup

500 bags Laguaira, Rio, Java and other Coffees

60 half chests Black and Green TEAS

200 boxes Sperin, Adamantine and Mould CAN-

DLES

140 boxes Castile, Brown and Fancy Soap;

25 hhds. Lamp, Tanner's and Machine Oil

150 coils Jute Rope

150 coils Painted Pails

100 boxes 8 and 10 1/2 Tins

1000 boxes Assorted Groceries, fine Salt

500 sacks Ground Alum do.

10000 pieces Table do.

75 boxes Assorted Candles, 15 tierces Rice, 100

bushels Pearl Starch, 50 hhds. Vinegar, 25 boxes

Raisins, 20 boxes Raisins, 20 boxes Mac-

carons, 600 grades Matches, 75 Nests Painted and

Cedar Tubs, 20 dozen Horse Buckets, 50 bags

Grain Pepper, 10 bags Pimento, 50 dozen wash-

boards, 1000 pieces Blacking, (assorted), 1500 Reams

Wrapping Paper, 5000 papers, Cork, Soda, 50

bushels Mustard, 100 dozen Brooms and Whisks,

together with Madder, Alum, Indigo, Copperas,

Chalk, Epsom Salts, Saltpeper, Ground Ginger, Roll

Brick, Putty, Nutmegs, Ground Coffee, Alum,

Almonds, Putty, Mustard, Mackerel, and

many other articles too tedious to mention.

Corner King and Water streets, Alexandria, Va.

mh 18

MARSHALL & WARD are now receiving their

Spring Supplies of Family GROCERIES, to

which they have selected with great care and

bought on the most favorable terms, and they most

respectfully ask from the Merchants who visit our

market, an examination of their stock, placing

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